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Childhood Trauma and Attachment Styles in Individuals with Substance Use Disorder: A Review

Madde Kullanım Bozukluğu Olan Bireylerde Çocukluk Çağı Travmaları ve Bağlanma Biçimleri: Bir Derleme

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Abstract:

Substance use disorder is considered a multidimensional psychological health problem affecting an individual's biological, psychological, and social functioning. It is known that many genetic, environmental, and psychosocial factors play a role in the emergence of addictive behavior. Recent studies show that early life experiences and interpersonal relationship patterns can play a significant role in the development of addiction. In this context, childhood traumas and attachment styles are among the important psychosocial variables examined in the field of addiction. It is stated that experiences of abuse and neglect in childhood can affect an individual's psychological development and that these experiences may be associated with various psychological problems in later life. Furthermore, Attachment Theory suggests that an individual's early caregiver relationships form the basis of their lifelong interpersonal relationship patterns. The aim of this study is to examine the relationship between childhood traumas and attachment styles in individuals diagnosed with substance use disorder, in light of the literature. In this context, studies in national and international literature have been evaluated, and the effects of traumatic early experiences on attachment patterns and addictive behaviors have been addressed within a theoretical framework. Literature findings indicate that childhood traumas and insecure attachment styles are commonly observed in individuals with substance abuse problems. Therefore, it is considered important to incorporate trauma and attachment-based approaches into clinical assessment and intervention processes in the field of addiction.

Keywords: Substance abuse, Childhood trauma, Attachment styles, Psychosocial development.

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Öz:

Madde kullanım bozukluğu, bireyin biyolojik, psikolojik ve sosyal işlevselliğini etkileyen çok boyutlu bir psikolojik sağlık sorunu olarak değerlendirilmektedir. Bağımlılık davranışının ortaya çıkmasında genetik, çevresel ve psikososyal birçok faktörün birlikte rol oynadığı bilinmektedir. Son yıllarda yapılan çalışmalar, özellikle bireyin erken dönem yaşam deneyimlerinin ve kişilerarası ilişki örüntülerinin bağımlılık gelişiminde önemli bir rol oynayabileceğini göstermektedir. Bu bağlamda, çocukluk çağı travmaları ve bağlanma stilleri, bağımlılık alanında incelenen önemli psikososyal değişkenler arasında yer almaktadır. Çocukluk döneminde yaşanan istismar ve ihmal deneyimlerinin bireyin psikolojik gelişimini etkileyebileceği ve bu deneyimlerin ilerleyen yaşam dönemlerinde çeşitli psikolojik sorunlarla ilişkili olabileceği belirtilmektedir. Bunun yanı sıra bağlanma kuramı, bireyin erken dönem bakım veren ilişkilerinin yaşam boyu süren kişilerarası ilişki örüntülerinin temelini oluşturduğunu ileri sürmektedir. Bu çalışmanın amacı, madde kullanım bozukluğu tanısı almış bireylerde çocukluk çağı travmaları ile bağlanma stilleri arasındaki ilişkinin literatür doğrultusunda incelenmesidir. Bu kapsamda ulusal ve uluslararası literatürde yer alan çalışmalar değerlendirilmiş ve travmatik erken dönem deneyimlerin bağlanma örüntüleri ile bağımlılık davranışları üzerindeki etkileri kuramsal çerçevede ele alınmıştır. Literatür bulguları, çocukluk çağı travmaları ve güvensiz bağlanma stillerinin madde bağımlılığı olan bireylerde yaygın olarak görülebileceğini göstermektedir. Bu nedenle bağımlılık alanında yürütülen klinik değerlendirme ve müdahale süreçlerinde travma ve bağlanma temelli yaklaşımların dikkate alınmasının önemli olduğu düşünülmektedir.

Anahtar Kelimeler: Madde bağımlılığı, Çocukluk çağı travmaları, Bağlanma stilleri, Psikososyal gelişim.

Introduction

Substance use disorder is considered a multidimensional mental health problem that affects an individual's biological, psychological, and social functioning (Volkow, Koob & McLellan, 2021; Koob & Volkow, 2016). Addiction is not only limited to the individual's substance use behavior, but is also a complex process closely related to the individual's neurobiological processes, developmental history, psychological characteristics, and interpersonal relationships (Sinha, 2018; Kessler, Aguilar-Gaxiola, Alonso, Chatterji, Lee, Ormel, Üstün & Wang, 2018). In this context, addiction is not regarded as a one-dimensional problem, but as a phenomenon that must be evaluated within a multilayered and dynamic structure. The increasing prevalence of substance use-related problems worldwide underscores the growing importance of addiction for both clinical and academic research. In particular, in recent years, it has been emphasized that explaining addiction solely through biological factors is insufficient, and that psychosocial factors also play a decisive role in this process (Volkow, Koob & McLellan, 2021). Accordingly, research in the field of addiction focuses on examining the individual's life story, developmental experiences, and interpersonal relationships.

Recent research has revealed that early life experiences play a critical role in the development of addiction (Dube, Felitti & Dong, 2020; Hughes, Bellis & Hardcastle, 2017). Childhood trauma, in particular, is considered one of the most important risk factors affecting psychological development (Teicher & Samson, 2016; McLaughlin, Sheridan & Lambert, 2019). It is noted that traumatic experiences during childhood can affect not only psychological processes but also neurobiological development, leading to permanent changes in the stress response system.

Childhood traumas include experiences such as physical abuse, emotional abuse, sexual abuse, and physical and emotional neglect, all of which negatively impact the developmental process (Cicchetti & Toth, 2016; Norman, Byambaa, De, Butchart, Scott & Vos, 2018). Such traumatic experiences can damage an individual's self-perception, self-worth, and sense of interpersonal trust. In addition, these experiences may negatively affect emotion regulation skills, leading to a more vulnerable psychological structure in the face of stressful life events (McLaughlin, Sheridan & Lambert, 2019).

It is emphasized that traumatic experiences can lead to substance use as a coping strategy in later periods (Hyman, Paliwal & Sinha, 2020; Schäfer & Najavits, 2017). In this context, substance use may serve not only as a behavior for some individuals but also as a functional tool for regulating psychological distress. This highlights the importance of understanding the psychological processes underlying addiction. In particular, the interaction between stress, trauma, and emotion regulation is stated to be decisive in the emergence of addictive behaviors (Sinha, 2018).

Another important psychological concept examined in relation to childhood trauma is Attachment Theory. Attachment Theory posits that the relationships an individual forms with early caregivers lay the foundation for interpersonal relationship patterns that persist throughout life (Mikulincer & Shaver, 2016; Fraley & Roisman, 2019). According to this theory, individuals develop secure or insecure attachment styles based on their early experiences. Individuals with a secure attachment style are said to form healthier, more balanced, and trust-based relationships and to develop more effective coping strategies in the face of stressful life events. In contrast, individuals with insecure attachment styles may experience trust issues in interpersonal relationships, have difficulty establishing emotional closeness, and struggle with emotion regulation processes (Schindler, Thomasius & Sack, 2018; Thornton, Baker, Lewin, Kay-Lambkin, Constable & Richmond, 2019).

The literature indicates a strong relationship between childhood trauma and attachment styles, and that this relationship may indirectly affect addictive behaviors (Kim, Kim & Lee, 2021; Huang, Xu & Li, 2023). In particular, traumatic early experiences may lay the groundwork for the development of insecure attachment

patterns, which can lead individuals to engage in risky behaviors later in life. Studies conducted in Türkiye similarly show that childhood traumas and insecure attachment styles are significantly associated with substance addiction (Orak, Bilkay & Zengin, 2023; Seyfeli & Şener, 2022; Set & Çelik, 2023). These findings suggest that the impact of trauma and attachment on addiction may be universal, independent of cultural context.

However, the literature also emphasizes that the relationship among trauma, attachment, and addiction is not linear and unidirectional, but may be shaped by various mediating variables such as psychological resilience, social support, and coping skills (Cloitre, Stolbach & Herman, 2019; Ford & Courtois, 2021). This indicates the need for a multidimensional approach to understanding addictive behaviors. In this context, the aim of this study is to review, in line with the literature, the relationship between childhood trauma and attachment styles in individuals with substance use disorder, and to evaluate the possible effects of this relationship on addictive behaviors.

Method

This study is a narrative review aimed at evaluating the literature that examines the relationship between childhood trauma and attachment styles in individuals with substance use disorder. In this context, national and international studies in the literature were examined from a holistic perspective, and the findings were discussed within a thematic framework. The literature review was limited to scientific studies published between 2000 and 2025. During the search process, databases such as Google Scholar, PubMed, Scopus, and Web of Science were used. Both Turkish and English keywords were utilized to identify relevant studies. Within this scope, a literature search was conducted using keywords such as "madde bağımlılığı" (substance addiction), "çocukluk çağı travmaları" (childhood trauma), "bağlanma stilleri" (attachment styles), "substance use disorder," "childhood trauma," and "attachment styles."

In selecting the studies to be included, care was taken to choose those that directly addressed the relationship between substance use disorder, childhood trauma, and attachment styles, were published in peer-reviewed journals, and were accessible in full text. Studies that focused solely on the biological or pharmacological aspects of addiction or were not directly related to the topic were excluded from the evaluation. As a result of the search process, approximately 42 studies directly related to the subject were included in the analysis. The studies obtained were thematically classified according to the relationships between childhood trauma, attachment styles, and substance use disorder. In this context, findings from the literature were addressed comparatively, similarities and differences were highlighted, and interpreted within relevant theoretical frameworks. The descriptive analysis method was used to analyze the data obtained in this study. Following this method, the studies in the literature were examined around certain themes, and the findings were presented in a systematic and coherent manner.

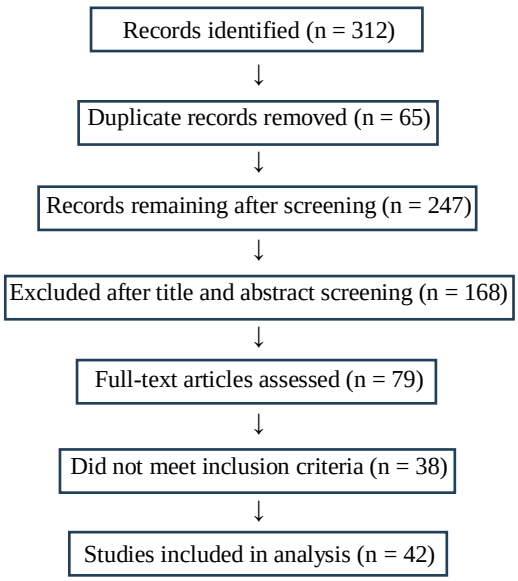
Records identified (n = 312)
Duplicate records removed (n = 65)
Records remaining after screening (n = 247)
Excluded after title and abstract screening (n = 168)
Full-text articles assessed (n = 79)
Did not meet inclusion criteria (n = 38)
Studies included in analysis (n = 42)

Figure 1. *PRISMA Flow Diagram*

Table 1. *Summary of Included Studies*

Author (Year)	Topic	Sample	Method	Measurement Tools	Main Findings
Anda, R. F., Felitti, V. J., Bremner, J. D. (2006)	Childhood trauma	Adult sample	Quantitative	ACE	Traumas have long-term effects
Aydın, İ., Şimşek, Ö. F. (2018)	Trauma and adjustment	Adolescents	Quantitative	Survey	Trauma negatively affects adjustment
Bouchery, E. E., Harwood, H. J., Sacks, J. J. (2020)	Cost of alcohol	General population	Quantitative	Economic analysis	Addiction brings economic burden
Briere, J., Scott, C. (2015)	Trauma therapy	Clinical	Review	Literature	Trauma is related to psychopathology
Cicchetti, D., Toth, S. L. (2016)	Child abuse	General	Review	Literature	Trauma affects development
Cloitre, M., Stolbach, B. C., Herman, J. L. (2019)	PTSD and trauma	Clinical	Quantitative	Survey	Trauma affects attachment
Demir, A., & Yıldız, B. (2025)	Trauma in substance	Clinical	Quantitative	Survey	Trauma affects attachment
Dube, S. R., Felitti, V. J., Dong, M. (2020)	Trauma and addiction	Adult	Quantitative	ACE	Trauma increases addiction
Ersoy, E., Deniz, M. (2022)	Trauma and resilience	Adult	Quantitative	Survey	Low resilience
Evren, C., Dalbudak, E., Evren, B., Çelik, S. (2014)	Trauma and attachment	Clinical	Quantitative	CTQ	Insecure attachment is high
Felitti, V. J., Anda, R. F., Nordenberg, D. (1998)	ACE study	Adult	Quantitative	ACE	Trauma increases health risks
Ford, J. D., Courtois, C. A. (2021)	Trauma and addiction	Clinical	Review	Literature	Trauma triggers addiction
Fraley, R. C., Roisman, G. I. (2019)	Attachment development	General	Review	Literature	Attachment lasts a lifetime
Gilbert, R., Widom, C. S., Browne, K. (2019)	Child abuse	General	Review	Literature	Trauma is effective in the long term
Green, J. G., McLaughlin, K. A., Berglund, P. A. (2017)	Trauma and psychopathology	Adult	Quantitative	Survey	Trauma increases psychological risk
Huang, Y., Xu, Y., Li, H. (2023)	Attachment and addiction	Adult	Quantitative	Survey	Insecure attachment is common
Hughes, K., Bellis, M. A., Hardcastle, K. A., Sethi, D., Butchart, A., Mikton, C., Jones, L., Dunne, M. P. (2017)	ACE	General	Review	Literature	Trauma is related to addiction
Hyman, S. M., Paliwal, P., Sinha, R. (2020)	Emotion regulation	Clinical	Quantitative	Survey	Weak emotion regulation
Karataş, Z. (2021)	Trauma and well-being	Adult	Quantitative	Survey	Trauma reduces well-being
Kaya, A., Selvitopu, A. (2020)	Attachment	Adult	Quantitative	Survey	Attachment affects psychological processes
Kessler, R. C., Aguilar-Gaxiola, S., Alonso, J., Chatterji, S., Lee, S., Ormel, J., Üstün, T. B., Wang, P. S. (2018)	Trauma and mental health	Adult	Quantitative	Survey	Trauma increases psychiatric risk
Kim, S., Kim, J., Lee, S. (2021)	Trauma and addiction	Clinical	Quantitative	Survey	Trauma increases addiction
Koob, G. F., Volkow, N. D. (2016)	Addiction neurobiology	General	Review	Literature	Addiction is brain-based

Author (Year)	Topic	Sample	Method	Measurement Tools	Main Findings
Kurt, T.C. (2026)	Attachment styles and substance use disorder	Clinical	Quantitative	Survey	Insecure attachment styles
Lander, L., Howsare, J., Byrne, M. (2018)	Family and addiction	General	Review	Literature	Family is influential
McLaughlin, K. A., Sheridan, M. A., Lambert, H. K. (2019)	Trauma and development	Adult	Quantitative	Survey	Neurobiological effects
Mikulincer, M., Shaver, P. R. (2016)	Attachment theory	General	Review	Literature	Attachment shapes relationships
Najavits, L. M. (2019)	Trauma treatment	Clinical	Review	Literature	Trauma treatment is important
Norman, R. E., Byambaa, M., De, R., Butchart, A., Scott, J., Vos, T. (2018)	Child abuse	General	Review	Literature	Trauma is a health risk
Orak, O. S., Bilkay, H. İ., Zengin, Ç. (2023)	Addiction in Türkiye	Clinical	Quantitative	Survey	Trauma is common
Schäfer, I., Najavits, L. M. (2017)	Trauma and addiction	Clinical	Review	Literature	Trauma is related to addiction
Schindler, A., Thomasius, R., Sack, P. M. (2018)	Attachment	Clinical	Quantitative	AAI	Avoidant attachment is high
Seyfeli, E. B., Şener, Ö. (2022)	Psychosocial factors	Türkiye	Review	Literature	Trauma is related
Set, Z., Çelik, C. (2023)	Psychological variables	General	Review	Literature	Psychological factors are effective
Sinha, R. (2018)	Stress and addiction	Clinical	Review	Literature	Stress increases addiction
Teicher, M. H., Samson, J. A. (2016)	Childhood trauma	Clinical	Quantitative	Survey	Brain development is affected
Thornton, L. K., Baker, A. L., Lewin, T. J., Kay-Lambkin, F. J., Constable, P. A., Richmond, R. (2019)	Attachment	Clinical	Quantitative	Survey	Insecure attachment is high
Volkow, N. D., Koob, G. F., McLellan, A. T. (2021)	Addiction	General	Review	Literature	Multidimensional structure
Weiss, N. H., Tull, M. T., Sullivan, T. P. (2022)	Emotion regulation	Clinical	Quantitative	Survey	Weak emotion regulation
Yargıç, İ., Tutkun, H., Şar, V. (2012)	Trauma and dissociation	Clinical	Quantitative	Survey	Trauma is related to dissociation

The main characteristics of the included studies are presented in Table 1. When the reviewed studies are evaluated overall, it is observed that childhood traumas and insecure attachment styles are significantly associated with substance use disorder.

The main characteristics of the included studies are presented in Table 1. When the reviewed studies are evaluated overall, it is observed that childhood traumas and insecure attachment styles are significantly associated with substance use disorder.

Findings

A review of the literature reveals significant, strong, and consistent relationships between childhood traumas and substance use disorder (Dube, Felitti & Dong, 2020; Hughes, Bellis & Hardcastle, 2017). Especially, early traumatic experiences are noted to affect an individual's psychological development in multifaceted ways, and these effects can lay the groundwork for risky behavior patterns in later life. In this context, childhood traumas are considered an important risk factor in the development of addiction.

When examining the effect of traumatic experiences on emotion regulation skills, it is seen that these individuals have more difficulty coping with negative emotions (McLaughlin, Sheridan & Lambert, 2019). Difficulties in emotion regulation can lead an individual to adopt dysfunctional coping strategies during intense stress and anxiety. At this point, substance use may become a coping mechanism that provides short-term relief but leads to

addiction in the long term (Hyman, Paliwal & Sinha, 2020; Weiss, Tull & Sullivan, 2022).

Looking at the neurobiological effects of childhood trauma, it is stated that trauma can cause lasting changes in the individual's stress response system, which can make them more sensitive to environmental stressors (Teicher & Samson, 2016). This biological sensitivity is considered an important factor that increases the risk of developing addiction. It is noted that individuals exposed to trauma have lower psychological resilience and demonstrate a more vulnerable structure in coping with stress (Norman, Byambaa, De, Butchart, Scott & Vos, 2018). This may lead to less resistance to adverse experiences in life and an increased likelihood of engaging in risky behaviors. Furthermore, a lack of social support is also said to reinforce this process and play a role in maintaining addictive behaviors (Green, McLaughlin, Berglund, Gruber, Sampson, Zaslavsky & Kessler, 2017; Gilbert, Widom, Browne, Fergusson, Webb & Janson, 2019).

In terms of attachment styles, individuals with a secure attachment style develop healthier interpersonal relationships and use more effective coping strategies in the face of stressful life events (Mikulincer & Shaver, 2016). In contrast, individuals with insecure attachment styles experience more relationship problems and have difficulty regulating emotions (Schindler, Thomasius & Sack, 2018; Thornton, Baker, Lewin, Kay-Lambkin, Constable & Richmond, 2019). When examining the relationship between childhood trauma and attachment styles, it is seen that traumatic experiences pave the way for the development of insecure attachment patterns (Kim, Kim & Lee, 2021; Huang, Xu & Li, 2023). Especially, negative experiences with caregiver figures can prevent the development of secure attachment and lead to the emergence of anxious or avoidant attachment styles. Moreover, some studies indicate that attachment styles may play a mediating role in the relationship between childhood trauma and substance use (Cloitre, Stolbach & Herman, 2019).

Discussion

In this review, the relationship between childhood trauma and attachment styles in individuals with substance use disorder was evaluated in light of the literature. When the findings are considered as a whole, it is evident that traumatic experiences in childhood have significant, lasting, and multifaceted effects on an individual's psychological development. Various studies have shown that these effects are not limited to childhood but also significantly influence an individual's psychological functioning during adolescence and adulthood (Teicher & Samson, 2016; McLaughlin, Sheridan & Lambert, 2019). The impact of childhood trauma on emotion regulation skills is critical for understanding addictive behaviors.

Individuals exposed to traumatic experiences have difficulty regulating intense emotional arousal, which can lead them to adopt dysfunctional coping strategies (Hyman, Paliwal & Sinha, 2020; Weiss, Tull & Sullivan, 2022). Thus, substance use can function as a kind of "emotion regulation tool" for these individuals. This approach demonstrates that addiction is not merely a behavioral problem but also a psychological process related to emotion regulation (Sinha, 2018). The effects of early traumatic experiences on self-perception and interpersonal relationships are also noteworthy. Individuals who experience abuse and neglect in childhood may have weakened self-worth, damaged trust, and more problems in interpersonal relationships (Cicchetti & Toth, 2016; Norman, Byambaa, De, Butchart, Scott & Vos, 2018). This can lead to insufficient use of social support systems and increased psychological loneliness. Lack of social support is considered a significant risk factor in maintaining addictive behaviors.

Within the framework of Attachment Theory, early caregiver relationships lay the foundation for lifelong interpersonal relationship patterns (Mikulincer & Shaver, 2016). Individuals who develop secure attachment are more flexible and adaptive in developing coping strategies for stressful life events, while those with insecure attachment styles experience higher levels of anxiety, avoidance, and emotional dysregulation (Fraley & Roisman, 2019). Many studies support the association between insecure attachment styles and addictive behaviors (Schindler, Thomasius & Sack, 2018; Thornton, Baker, Lewin, Kay-Lambkin, Constable & Richmond, 2019). Individuals with anxious attachment may intensely seek emotional closeness and may turn to substance use to fill emotional voids. Those with avoidant attachment, on the other hand, may be more likely to use substances to suppress internal distress due to their tendency to avoid emotional closeness.

When the relationship between childhood trauma and attachment styles is examined, it is seen that traumatic experiences play a significant role in the development of insecure attachment patterns (Kim, Kim & Lee, 2021; Huang, Xu & Li, 2023). Particularly, negative experiences with caregiver figures can prevent the development of secure attachment and lay the groundwork for insecure attachment patterns. This can cause difficulties in both interpersonal relationships and coping with stress later in life. However, the literature also emphasizes that the relationship between trauma and attachment is not linear and unidirectional.

The impact of traumatic experiences on individuals can be shaped by various variables such as social support, psychological resilience, and individual coping skills (Cloitre, Stolbach & Herman, 2019; Ford & Courtois, 2021). This indicates that the relationship between trauma and attachment is multidimensional and dynamic. Studies conducted in Türkiye also parallel these findings. Especially in studies with individuals diagnosed with substance addiction, it is stated that childhood traumas are common and insecure attachment styles are more frequently observed in these individuals (Orak, Bilkay & Zengin, 2023; Seyfeli & Şener, 2022). These findings suggest that, despite cultural differences, the impact of trauma and attachment on addiction may be universal.

The findings obtained within the scope of this review also provide important implications for addiction treatment processes. Rather than focusing solely on substance use behavior in addiction treatment, taking into account an individual's developmental history, traumatic experiences, and attachment patterns can increase the effectiveness of the treatment process (Najavits, 2019). In particular, integrating trauma-focused psychotherapy approaches and attachment-based interventions into treatment can help individuals develop emotion regulation skills and establish healthier interpersonal relationships.

In conclusion, childhood traumas and attachment styles are considered two fundamental variables that are critically important for understanding the psychosocial characteristics of individuals with substance use disorder. Addressing these two variables together will contribute to

a more comprehensive understanding of the psychological mechanisms underlying addictive behaviors. Future studies that consider trauma, attachment, emotion regulation, and psychological resilience together can make significant contributions to the literature on addiction.

Conclusion and Recommendations

In this review, the relationship between childhood trauma and attachment styles in individuals with substance use disorder was examined. The findings show that traumatic experiences in childhood have long-term effects on psychological development and are decisive for emotion regulation, self-perception, and interpersonal relationships. This demonstrates that addiction is related not only to biological factors but also to developmental and psychosocial factors.

From the perspective of Attachment Theory, early caregiver relationships play a significant role in psychological functioning: secure attachment is associated with healthy relationships, while insecure attachment is linked to adjustment problems. Furthermore, it is understood that the combination of childhood trauma and insecure attachment patterns is associated with the development of addictive behaviors.

It is noted that substance use can emerge as a coping strategy for some individuals, and therefore, treatment processes should focus not only on substance use but also on the individual's life history, traumas, and attachment patterns. In this context, trauma-focused and attachment-based approaches can make significant contributions to the treatment process.

Limitations

This review study has several limitations. First, the fact that it is not a systematic review or meta-analysis may limit the generalizability of the findings. The literature search was restricted to certain databases, so some studies available in other databases may have been excluded. The studies reviewed in this research differ in methodological characteristics, sample structures, and measurement tools, making it difficult to compare the findings. This results in heterogeneity among the conclusions in the literature.

Moreover, since most of the studies examined are cross-sectional, the causal evaluation of the relationships among childhood trauma, attachment styles, and substance use disorder is limited. The small number of longitudinal studies means that the trajectory of these variables over time cannot be adequately determined. In addition, there are relatively few studies in the literature that address childhood trauma, attachment styles, and substance use disorder together, making it difficult to evaluate the interaction among these three variables in a holistic way.

Furthermore, publication bias should be considered. Studies with significant results are more likely to be published, which may make certain findings appear more prominent in the literature. Finally, since the reviewed studies were conducted in different cultural contexts and there are only a limited number of studies with Turkish samples, the cultural generalizability of the findings is also limited.

Declarations

Ethical Approval and Informed Consent

This study is a review and does not include any experimental work involving human participants or animal subjects. Therefore, ethical committee approval and participant consent are not required.

Publication Ethics Statement

This article is original, has not been previously published, and is not under consideration by any other journal simultaneously. The authors declare that scientific ethical standards were adhered to in preparing this work.

Conflict of Interest

The authors declare that there is no conflict of interest.

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Author Contributions

Concept/Design: R.G., M.Ç., H.S.Ş.; drafting the article: R.G., H.S.Ş.; critical revision of the manuscript: R.G., M.Ç., H.S.Ş.; final approval and responsibility: R.G., M.Ç., H.S.Ş.

Data Availability

As this is a review article, no new data were generated or analyzed. All information used is based on the relevant literature.

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